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January 2 - May 31, 2016


MONDAY		
5:45 - 6:45 am	 <b>BODYCOMBAT</b>	Jaala
8:00 - 9:00 am	Cardio Sculpt 	Michelle
9:15 - 10:15 am	 Boot Camp** 	Michelle
9:15 - 10:15 am	HiiT 	Crystal
10:15 - 11:00 am	Yoga Stretch 	Andi
11:00 am - 12:15 pm	Gentle Yoga* 	CM
11:45 am - 12:45 pm	 <b>BODYPUMP</b> 	Shondra
1:30 - 2:30 pm	 SS Classic	Sonia
4:15 - 5:15 pm	 <b>ZUMBA</b> 	Helene
5:30 - 6:30 pm	Cycle Jam*** 	Shalee
5:30 - 6:30 pm	Yoga 	Wendy
6:45 - 7:45 pm	 <b>BODYPUMP</b> 	Shalee
TUESDAY		
5:45 - 6:45 am	 <b>BODYPUMP</b>	Heidi
5:45 - 6:45 am	Tabata**	Michelle
8:00 - 9:00 am	30 / 30 	Crystal
8:45 - 9:45 am	 SS Classic* 	Wendy
9:15 - 10:15 am	Yoga* 	Nikki
9:15 - 10:15 am	 <b>BODYPUMP</b> 	Trimbi
9:30 - 10:30 am	 Intervals** 	Crystal
10:30 - 11:30 am	Cardio Core 	Haley
10:30 - 11:30 am	Power Cycle*** 	Trimbi
1:30 - 2:30 pm	 SS Classic	Sonia
4:15 - 5:15 pm	 <b>Nia</b> 	Kim
5:00 - 5:45 pm	 HiiT** 	Crystal
5:30 - 6:30 pm	 <b>BODYPUMP</b> 	Wendy
6:30 - 7:30 pm	Barre Tone* 	Haley
WEDNESDAY		
5:45 - 6:45 am	Cycle Jam***	Heidi
8:15 - 9:00 am	Cycle Jam 45*** 	Crystal
8:45 - 9:45 am	 <b>ZUMBA</b> Gold* 	Sonia
9:15 - 10:15 am	 Boot Camp** 	Shalee
9:15 - 10:30 am	Total Body Conditioning 	Michelle
10:30 - 11:30 am	Power Cycle*** 	Trimbi
11:00 am - 12:15 pm	Gentle Yoga* 	CM
11:45 am - 12:45 pm	 <b>BODYPUMP</b> 	Jaala
1:30 - 2:30 pm	 SS Classic	Wendy
4:15 - 5:15 pm	 <b>ZUMBA</b> 	Helene
5:30 - 6:30 pm	Cardio Intervals 	Michelle
6:45 - 7:45 pm	 <b>BODYPUMP</b> 	Natasha

THURSDAY		
5:45 - 6:45 am	 <b>BODYPUMP</b>	Jaala
5:45 - 6:45 am	 HiiT**	Haley
8:00 - 9:00 am	Core and More 	Crystal
8:45 - 9:45 am	 SS Circuit* 	Sonia
9:15 - 10:15 am	 <b>BODYPUMP</b> 	Wendy
9:15 - 10:15 am	Cycle Jam*** 	Crystal
9:30 - 10:30 am	 Intervals** 	Shalee
10:30 - 11:30 am	Pilates 	Wendy
4:15 - 5:15 pm	 <b>Nia</b> 	Kim
5:30 - 6:30 pm	 <b>BODYPUMP</b> 	Beth
5:30 - 6:30 pm	Cycle Jam*** 	Dean
6:45 - 8:00 pm	Yoga 	Robyn
FRIDAY		
5:45 - 6:45 am	Power Cycle***	Michelle
8:00 - 9:00 am	Core / Cycle 	Crystal
9:00 - 10:00 am	Gentle Movement* 	Wendy
9:15 - 10:15 am	Yoga* 	Nikki
9:15 - 10:15 am	HiiT 	Michelle
10:30 - 11:30 am	 <b>BODYPUMP</b> 	Wendy
10:30 - 11:30 am	Cycle Jam*** 	Shalee
SATURDAY		
7:15 - 8:15 am	 <b>BODYCOMBAT</b>	Shondra
8:30 - 9:30 am	 <b>BODYPUMP</b> 	Trimbi / Shalee
8:30 - 9:30 am	Barre Tone* 	Haley
9:45 - 10:45 am	Cardio Intervals 	Wendy
9:45 - 10:45 am	Cycle Jam*** 	Haley
11:00 - 12:00 pm	Yoga 	Wendy
12:15 pm - 1:15 pm	 <b>BODYPUMP</b> 	Natasha
SUNDAY		
8:15 - 9:15 am	Cycle Jam*** 	Rotation
9:30-10:30 am	 <b>BODYPUMP</b> 	Wendy
9:30 - 10:45 am	Yoga* 	Robyn
10:45-11:45 am	 <b>Nia</b> 	Kim
12:45-1:45 pm	Cardio Sculpt	Haley

Fitness classes are included with ECC membership passes and daily admission fees.

Children ages 13 - 17 may participate in fitness classes.  
Must be 15 to participate in BODYPUMP™.  
Please pick up a number at Guest Service to reserve your spot for  
BODYPUMP™, BODYCOMBAT™, Cycling and HiiT classes

 KidStation Available (6 months - 6 years)  
\*Space is limited, subject to availability\*

 Stroller Friendly Classes

Schedule subject to change. Visit [www.erieco.gov/fitness](http://www.erieco.gov/fitness) for updates.  
® SilverSneakers is a registered mark of Healthways, Inc.

\*Classes are held in the Community Rooms    \*\*Classes meet in the gym    \*\*\*Classes are held in the Cycle Garage

Class descriptions on reverse side.

Updated: 12/9/15

# ERIE COMMUNITY CENTER: FITNESS CLASS DESCRIPTIONS

## GROUP FITNESS

**30 / 30:** This class is 30 minutes of cycle and 30 minutes of muscle conditioning.

**Gentle Movement:** This class begins with gentle stretching and range of motion training, followed by balance work, light weight training, and strengthening exercises to increase bone density.

**Barre Tone:** An intense ballet barre and floor workout that will strengthen, lengthen and sculpt your legs, glutes and core muscles.

**BODYCOMBAT®:** An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines, such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

**BODYPUMP®:** Hailed as the “Fastest way in the universe to get in shape.” This is a strength and endurance training class where muscles collide! Low on complexity, but high in fun, BODYPUMP has all of the benefits of traditional weight training combined with time efficiency and predictability.

**Boot Camp:** Get into peak physical condition by integrating functional strength training, cardio intervals and core conditioning. A high energy class that is sure to get your heart pumping and your muscles working.

**Cardio Core:** An intense abdominal workout that uses unique exercises ensured to get your heart rate up and your core strong.

**Cardio Intervals:** Spice up your cardio workouts with this interval style class. Experience variety and fun in this heart pumpin’ and calorie burning class. The choreography is varied with aerobic moves and all over body strengthening exercises.

**Cardio Sculpt:** Get ready to break a sweat as you challenge your cardiovascular endurance and strength all in one class. This class will use cardio and strength moves to keep your heart rate up as your power through this total body workout.

**Core / Cycle:** 20 minutes of intense abdominal workout and 40 minutes of indoor cycling which will include a mix of intervals, sprints and climbs.

**Core & More:** This workout is focused on core strength, stability, balance, improved posture and alignment and MORE!

**Cycle Jam:** Indoor cycling at its best! The instructor will guide you through an effective workout with a mix of intervals, sprints and strength building climbs to ensure you have a positive riding experience.

**HiIT:** High Intensity Interval Training is a great class for anyone looking to burn fat, increase endurance and improve their overall fitness level. Short burst of intense effort followed by moderate to low, active recovery will challenge the most seasoned exerciser while providing fast results to beginners. Class format changes weekly to keep you on your toes.

**Intervals:** Get a great workout with cardiovascular and strength intervals. Modifications will be made to accommodate all fitness levels. During morning classes, infants ages 6 weeks to 9 months are welcome, however, they need to be in a stroller.

**Power Cycle:** Take your cycle class to the next level with a mix of intense intervals, time trial sprints and strength building climbs. This challenging class will work you in various heart rate zones for optimal fat and calorie burn.

**Tabata:** High intensity interval training, set at eight rounds of 20 seconds work/10 seconds recovery. This class will challenge all abilities in short bursts of power, speed and strength using traditional and non-traditional timing.

**Total Body Conditioning:** A total body workout you won’t soon forget! Start with 30-minutes on the bike, move to 30-minutes of non-choreographed strength and cardio drills. Top it off with a well-deserved cool down and full body stretch.

**Zumba®:** A fusion of Latin and International music and dance styles that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms. “Ditch the workout and join the party.”

**Zumba Gold®:** A series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active older adults, the beginner participant, and other populations that may need modifications for success.

## MIND BODY

**Gentle Yoga:** Both beginning and experienced students will benefit from a focus on the fundamentals of form and alignment in basic poses. Participants will explore balance, strength, and flexibility while discovering the power of breath to release stress. Each class ends with a guided, deep relaxation.

**NIA®:** Promotes strength and muscle definition through a fusion of martial arts, healing arts and dance. Its holistic approach unites the body and mind, and creates an exhilarating workout anyone can follow. All Nia movements are adaptable and can be personalized for any level of fitness and agility.

**Pilates:** Is a rhythmic, focused exercise that connects one movement to the next, building greater endurance, flexibility, control, and core strength.

**Yoga:** Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breath work will be included.

**Yoga Stretch:** A casual 45-minute stretch class utilizing yoga poses to lengthen muscles and help relieve tension. This class is beneficial as a stand-alone stretch session and/or as a great supplement to your morning workout.

## SILVERSNEAKERS® FITNESS PROGRAMS

**SilverSneakers® Classic :** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. Also, a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.